



WEB SITE: www.ostomysolano.org

SOLANO OSTOMY NEWS

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OSTOMY ASSOCIATION OF SOLANO
P.O. BOX 5142, VACAVILLE, CA 95696



2020

DATE: AUGUST 19th, 7:00 PM - ??

OUR 1ST EVER ONLINE, VIDEO MEETING

SPEAKER: DAN, PEGGY AND MARY ANN

PROGRAM: ROUNDTABLE DISCUSSION - Q & A

REFRESHMENTS: BYOB (BRING YOUR OWN BEVERAGE)

WHERE: IN YOUR LIVING ROOM, KITCHEN, DINING ROOM, YOU PICK IT

The documents contained within this newsletter are presented expressly for informational purposes only. In no way are any of the materials presented here meant to be a substitute for professional medical care or attention by a qualified practitioner, nor should they be construed as such. ALWAYS check with your doctor or CWOCN.



JUST A FEW COMMENTS FROM THE PEANUT GALLERY

Wow – I cannot believe it is almost August. I hope everyone is healthy and virus free! Time flies even when we are in isolation and distancing from most family and friends. I am looking forward to better times, travel and socializing with family and friends.

The way things are going in California, I am not sure when we will be able to have a **physical in person meeting**. I don't think it will be anytime soon and definitely not in August or September. **Peggy Terry, CWOCN** suggested that we try an online meeting/get together. **SO:** we are working on and planning an **online video meeting** where members can join the meeting and interface with myself and all other members online. I will be the **Host** of the meeting and anyone who desires to participate, can join in and converse with myself and other members. Members will be able to see myself, as well as each other. This can be done on either a **PC** (personal computer) or on a **smart phone**. We are going to be using a program called **ZOOM** for the meeting. The process is quite simple for members to join the meeting. We decided to have the first meeting at our **usual meeting day, date, and time**, but this is very flexible as we continue this into the future. I will be sending out more details later.

On another note, I sent out a survey a couple weeks ago, and I have been receiving **some interesting results**. There has been a pretty good response so far, but I am giving everyone until July 31st to respond if they want to do so. I will send out the results in early August.

One more. Since we have not been meeting each month, we are not there to support, assist and encourage fellow members or new members. Please remember that our CWOCN supporters, **Peggy Terry** in Vallejo and **Mary Ann Chico** in Vacaville are available to help members in any way they can.

Be careful out there!!

Upcoming Meetings – Add to Your Calendars – Details to Follow

August 19th – OUR 1ST EVER ONLINE, VIDEO MEETING

September 16th - Vacaville Kaiser – 1 Quality Dr., Building B, Meeting Room H1A 1st Floor
To Be Determined - Tentative: Roundtable Discussion and Support

October 21st – Vallejo Kaiser - Conference rooms A, B and C. Hallway past pharmacy #1
Tentative: Roundtable Discussion and Support



Despite All the Positives, Some Ostomates Still Have an Extremely Difficult Time with Acceptance

Not everyone copes the same way with having an ostomy.

[Jenny Jones](#)

Sep 21, 2019

2019 marks 24 years since my first ostomy surgery. The surgery that resulted in an ileostomy for six years, and thirteen years since my reversal. I tend to forget the anniversary date but occasionally my mind will reminisce about the amount of time that has passed.

When I had my surgery, I was told the stoma would only be temporary and that after three months of healing I would have a j-pouch. Well, that didn't quite go according to plan. Due to complications, I ended up with an ileostomy and the surgeons told me there was not enough healthy rectum remaining to reattach my small intestine. However, my rectal stump was kept in place and thankfully I never had any pain or issues with it, so I'm glad it wasn't removed.

I experienced a lot of anger and denial with my ostomy, especially when the complications started. I hated my doctors, surgeons, hospital, and even my parents. I wanted them to all pay for what they had done to me. I was consumed by rage and even became suicidal for several years after that initial surgery. I never accepted my stoma because deep down inside I knew I wasn't meant to live with it for the rest of my life. I believed it fervently, I hoped for a miracle obsessively.



Then six years later, I went in for a routine colonoscopy and out of nowhere my doctor tells me there might be enough rectum to attempt a straight pull-thru procedure. He referred me to a colorectal surgeon. I could hardly contain myself at the consultation. It was a long shot, but I had to take it.

I knew my life was about to change with this reversal but I was also terrified that I'd wake up after surgery to find out it failed. My parents agreed to give me a thumbs up or thumbs down as soon as I opened my eyes from anesthesia, so I would know the result right away. I wasn't sure how I'd react if it was thumbs down and feared that I'd break down immediately. Fortunately, it was a thumbs up and I was able to relax and drift back into a drug-induced sleep.

The honest truth is that most of us do not cope well, and don't talk about our feelings for fear of criticism. Don't get me wrong, it's a lifesaving surgery and it can greatly improve your quality of life. Ostomies are nothing to be ashamed of. Not to mention, improvements to ostomy products over the years have been amazing. But despite all of the positives, some of us still have an extremely difficult time with acceptance — I was one of those people.

Fortunately for me, I was able to have my ostomy successfully reversed. That's what I personally needed because I was fixated and trapped in a world of rage. Looking back, had it been a thumbs down, I hope that I'd eventually be able to find self-acceptance and love my life with dignity, just like so many ostomates I know and admire.

Article credit: [Life's A Polyp](#)



Tags

[Pull-Through Surgery](#)[Familial Adenomatous Polyposis](#)

By

[Jenny Jones](#) – Jenny has a master's degree in social work and advocates for FAP

[Has anyone used this solution to empty their Ileostomy or Colostomy? Sounds Interesting?](#)

Sanitary Ostomy System, Inc

[805-441-6708](tel:805-441-6708)

<https://youtu.be/aoH9AzdE3Zw>

www.sanitaryostomysystem.com

The SOS



The SOS consists of a reusable, snap-on roller mechanism that compresses pouch contents into a detachable, disposable collection bag. No more squeezing out contents with fingers. No more kneeling, No leakage. Easy and simple to use. Perfect of ostomates or caregivers.

Ask Nurse Brown

UOAA Fall 2018

Wafer Sizing

I am having trouble with the skin around my mother's ileostomy. I cut the hole in the wafer very close to the stoma and it seems to fit well. Within 24 to 48 hours, she has a burning sensation, so I check it and discover that the hole has increased in size and the skin around the stoma is red, irritated and even has a small amount of blood visible. I clean the area and use stoma powder to protect the skin, but the problem continues. What can we do?

T.W.

Dear T.W.,

It sounds like your mother's wafer is melting out and undermining quickly from the ileostomy output. When she sits up, does the stoma retract or otherwise pull back into a crease or low spot? When you use the stoma powder, are you always using a skin sealant, preferably a "no sting" preparation low in alcohol, to reduce burning and let it dry well before application of the wafer? Is the stomal pattern too small? It should be approximately 1/8" from the edge of the stoma. Have you tried wafers that are designed to be more durable with an ileostomy effluent? Have you ever tried adding a barrier ring around the stoma? Avoid cleansing the peristomal skin with any soaps that contain moisturizers, cold creams, etc. that may interfere with adherence. Try incorporating these suggestions and hopefully you can resolve these issues. Please contact your ostomy nurse if you need assistance or other recommendations with your mother's ileostomy care.

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Pouching System Pointers

Experts advise to consider the following points when deciding on a pouching system to keep your skin dry and healthy.

- Stoma size and shape. Certain barriers might be better if the stoma is large or small, protruding or flush to the skin, or pointing in a certain direction. Location of the stoma and contour of the abdomen. Is it at the beltline or above/ below? Are there skin creases, valleys/dips, or peaks that affect how the barrier adheres?
- Type of stoma (ileostomy, colostomy or urostomy) and consistency of the output from liquid to formed stool.
- Dexterity issues. People with arthritis or other limitations in using their hands might find that a one-piece system is easier to use.
- Visual issues. If the stoma is hard to see, using a mirror is helpful. A WOC Nurse can help vision-impaired ostomates choose the best system.
- Physical activity or climate. A humid climate or perspiration on the skin can also affect the type of barrier you'll use. Types of activities—such as swimming or rigorous exercises that causes significant sweating— are other considerations.



Ask The Ostomate

Laura Cox, UOAA Phoenix Magazine Summer 2020

Warm and humid climates may be an invitation to spend more time outdoors, but it also can be challenging for an ostomate. Humidity can decrease the wear times by causing skin barriers to break down faster, allowing excess moisture on the skin. Moisture on our skin can feel uncomfortable and lead to skin issues as well as add to leaks. But knowing what to expect and how to manage it can help you adjust to the climate changes.

Peristomal Cleaning

Maintaining the integrity of your peristomal skin helps you create a better seal. The wafer sticks to skin best when that skin looks like the skin on the rest of your body – healthy, clean and smooth.

Clean your peristomal skin with warm water and a bar of soap that does not contain fragrance or oil.

Using Barrier Wipes or Sprays

You can maintain moisture balance with barrier wipes and sprays which will help reduce irritation from adhesives, friction and ostomy output. Wipes can reduce trauma to skin, lessen skin stripping and assist in maintaining skin barrier function, helping increase the contact or stick of adhesive to the skin. Wipes and sprays are a good addition to longer wear and will help keep your skin from getting too moist and irritated.

Using a Seal

Using a seal may help absorb additional moisture. Seals can help prevent leaks and skin irritation by forming an absorptive barrier around your stoma.

Changing More Often

You may find that in humid climates, you'll need to change your appliances more often. Monitor wafer erosion during an appliance change, and if you notice that there's more erosion than normal, change it sooner. Some medical professionals suggest emptying your pouch when it is about 2/3 full. This prevents the weight of the stool from pulling the wafer off your body. If you experience leaks before it is 2/3 full, you may need to empty it at 1/2 full, or even 1/3 full. Using a support belt or wrap can also prevent the weight of stool in the bag from pulling your wafer off.

Pouch Covers

The skin is more susceptible to breakdown when it is hot and moist, including the area where your ostomy appliance sits. Rashes can form due to the combination of heat and friction of the pouch against the skin. An ostomy pouch cover can help soften the friction, allowing for more comfort.

Drink More Fluids

Heat and humidity can cause you to sweat more, so it is especially important for ostomates to drink more fluids to avoid dehydration. When it comes to staying hydrated, there is no "one size fits all" recommendation. But play it safe and always carry extra fluids with you.



Nine things you should know before placing an order for ostomy supplies

Make ordering from medical suppliers easier with these tips.

[Jason Mihalopoulos, MBA, MS, MPH](#) Sep 2, 2019

After having ostomy surgery, ordering medical supplies will be an ongoing necessity. If you're new to this, placing your first order may feel completely overwhelming. As a family owned and operated business since 1961, our goal at [The Parthenon Company](#) is to help you navigate through the ordering process.

Here are some things you should know before placing an order for ostomy products.

1. What type of ostomy do you have?

This is a common misunderstanding for new ostomates or if your loved one had ostomy surgery. There are three main types of ostomies; colostomy, ileostomy or urostomy. It's okay if you're unsure, you can simply call your doctor or nurse to ask which one applies. Knowing which type of ostomy you have will help us help you.

2. Get to know the manufacturers.

Lucky for you, there are several [manufacturers of ostomy appliances](#) to choose from these days. When my father started Parthenon over 50 years ago, people with an ostomy didn't have many choices. Some of the most popular brands we carry include Coloplast, ConvaTec, Hollister, and NuHope.

3. Create a list of reference numbers.

Now that you know your ostomy type and brand, next you'll need to know which products you prefer using. All ostomy supplies have reference (or item) numbers. If you don't know these numbers, don't worry, we'll help you find the

products you need. For ease when placing the next order, please save your invoice or packing slip, as it includes product information from your previous order.

4. How much should I order?

Knowing how much to order depends a lot on your needs. If you're a new ostomate or have peristomal skin irritation, you might need more supplies because of frequent appliance changes. As you begin to heal from surgery, your needs may change or you might try different products. We suggest you keep at least a one month supply on hand at all times.

5. Be prepared to choose alternate products.

While we stock most products, our inventory changes daily and sometimes manufacturers have a backorder, so you might not be able to get the products you want for a few weeks or even months. Have a backup plan of alternative products or be open to trying something different just in case this happens.

6. Ask about free samples.

Many manufacturers offer samples of their newest ostomy products which you can request online. This is a great way to try new things. Please feel free to call us directly at 1-800-453-8898 to ask about sample availability.

[Links For Ordering Free Samples](#)

[Coloplast Free Samples](#)

[ConvaTec Free Samples](#)

[Hollister Free Samples](#)

[Nu-Hope Free Samples](#)



7. Know which supplies fall under your medical insurance coverage.

Most online suppliers and retail medical stores take credit cards or bank checks, but not all companies take insurance or Medicare. Talk to the billing department to ensure that maximum benefits are received. If using insurance or Medicare, have the account information handy. At Parthenon, we only file claims with Medicare and you should receive direct reimbursement 4-5 weeks after filing.

8. How long will it take to receive your order?

In most cases, you'll receive your order from The Parthenon Company within 2-4 business days. Since each medical supplier is different, it's important to ask how long shipment will take, especially if you're running low. Be aware that shipping might cost extra with some suppliers, however many offer free shipping with a minimum purchase. For urgent needs, Parthenon can ship overnight for a fee. In this case, you (or an authorized signer) may need to be at home for the delivery.

9. Ask about the return policy.

It's always a good idea to ask about the policy for returning ostomy supplies as return shipping can sometimes be the responsibility of the customer. Once you receive your supplies, always make sure they're the items you ordered. At Parthenon, we accept returns of most new, unopened items for a full refund or exchange within 30 days of the shipment date.

With one of the largest selections of ostomy manufacturers online, we make it easy to shop for medical supplies. Search our online store, [request a catalog](#), and learn about our lowest price guarantee. Call us at 1-800-453-8898 or visit parthenoninc.com for your next order. Our number one priority is you!

This article was made possible by a sponsorship from Parthenon



Surviving Rehabilitation

What I learned living at a nursing home with an ostomy

By R. S. Elvey

As an ostomate I've had occasional hospital stays. It wasn't until I had lower back surgery that the terms short-term rehab and nursing home entered my realm of experiences. Prior to my lower back surgery, which would insert two titanium rods, my orthopedic surgeon went over all the details of my upcoming procedure. He and I also discussed my ileostomy in reference to my stomach-down position on the operating table. I was reassured that while on my stomach, my pouch would be under no pressure. They would open a small door in the operating table to allow my pouch to swing freely. As I had done previously, I packed all my emergency ostomy supplies and headed for the hospital. After putting on my hospital gown, I handed my ostomy supplies to my wife. My wife left and the anesthesiologist took over and I went to sleep.



Unfamiliar Environment

All went well with the surgery and on the morning of the second day in the hospital my surgeon paid me a visit. He said I was well enough to be discharged with a brace. He said I would be going to a nursing home for short-term rehab. I immediately panicked. A nursing home for rehab? This had never been discussed, or had it been? I had visited nursing homes and they all fit a stereotypical description: depressing places where people go to die. My surgeon, seeing my distress, told me he would send in a social worker to assist me in selecting a facility. I was quite disturbed and worried about how I would handle my ostomy in an unfamiliar environment. The hospital social worker said I was being discharged in two hours and that she would help me select a place a facility. My head was spinning. How do you select a short-term rehab nursing facility with such short notice? I had to depend on the social worker's recommendations and hope for the best. She made the calls and found me a bed. The hospital staff packed up my clothing and ostomy supplies. I was out of the hospital by noon and traveling into the unknown. The unknown turned out to be a 350-bed facility that had short-term rehab, assisted living, memory care and skilled nursing. With no idea of what to expect, I was met by an administrator who had me sign my admitting documents. Then a certified nursing assistant came in and told me that my surgeon had ordered bed rest for 24 hours. I asked about my medications and she said she hadn't received any orders for me.

Setting the Tone

I needed to empty my pouch and she to get me a bedpan which she placed at horror, she unclipped my bag and began her immediately and did it myself. That seven days. Though the physical and outstanding, the staff had no ostomy care hives and my surgical stitches became caused by the medical staff not allergic reaction or practicing good fine short-term rehab facilities that

“The majority of your care will be provided by a certified nursing assistant (CNA). They take vital signs and empty ostomy bags, but are not allowed to change the wafers.”

said, “No problem.” She proceeded the side of my ostomy. To my to wring it out like a rag. I stopped set the tone for the rest of my next occupational therapy was training. During my stay, I developed infected. These problems were recognizing my symptoms as an hygiene. But there are also many practice good hygiene and are

trained to take care of ostomates. They may be called long-term care, extended care, rest home, care home or intermediate care. If you are going to need short-term rehab or a longer stay, look at the reviews and ratings of nursing homes in your area on the following websites: www.cms.gov, www.health.us.news.com/bestnursinghomes and Yelp. Call the highly rated facilities and inquire if their staff is trained in ostomy care.

Be Prepared

Once you have decided on a facility you should bring the following items:

- A copy of your complete medical history to include a list of your current medications, immunization history, medical conditions, your primary care doctor's name and contact information, contact information for all other doctors treating you, a list of allergies, insurance cards and a photo ID
- Information for your emergency contacts
- Copy of your health care power of attorney
- Ostomy supplies for seven days
- “Ileostomy Blockage Treatment Card” (if applicable) available at www.ostomy.org.

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**MEMBERSHIP APPLICATION
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MAIL TO O.A.S., P.O. BOX 5142, VACAVILLE, CA 95696**

NAME _____ PHONE _____

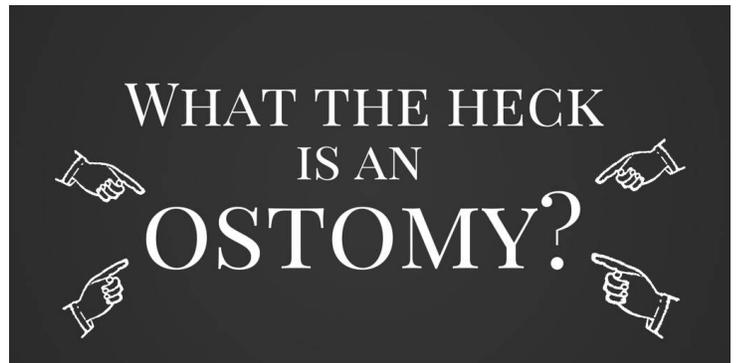
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IF YOU NEED A RIDE IN ORDER TO ATTEND THE MEETINGS, PLEASE CALL DAN BRUCE. HE CAN ASSIST IN ARRANGING TRANSPORTATION.



"Wake up. The cat's got your teeth."